

All of our wellness months are important. But, this one is especially important for every one of us! The American Heart Association has come a long way in educating on this #1 killer of women and men in the U.S. Each week look for heart healthy tips on heart attack, stroke, cardiovascular disease, and prevention.

Week One:

7 tips for heart-healthy eating away from home

Heart-healthy eating is easier to do in your own kitchen — where you have full control over the menu, ingredients, and how you prepare the meal — than it is when someone else is doing the cooking. But with these seven tips, you can stay within your eating plan, even if you eat out. Think about what you had at your Super Bowl gathering... whether you were alone, amongst friends or family, or simply watching the commercials and enjoying the goodies that way! Could it have been healthier after a bit of research on your time? Because, that is what YOU have to do!

1. **Portion control. Cut ‘em in half.** For two people, consider one salad, one appetizer, and one entrée — that will nearly always provide enough food for both of you. If you order separate meals, set aside some of what is on your plate to bring home for lunch or another dinner.
2. **Resist refined carbohydrates.** Just as you would at home, go for whole grains and limit white bread (the GREAT WHITE HAZARDS- sugar, rice, potatoes and other highly processed starches). If the bread is hard to resist, ask your waitperson to remove it from the table.
3. **Make smart, colorful choices at the salad bar.** Load your plate with plenty of colorful vegetables, fruits, and small amounts of lean protein. Skip the creamy and ranch dressings. Low-fat and fat-free dressings often contain a lot of sugar, so use healthy oils with a splash of vinegar or lemon juice instead.
4. **Choose dishes that are grilled, roasted, steamed, or sautéed.** This is an easy way to cut down on calories and avoid heart-unfriendly trans fats.
5. **Ask for healthier sides.** Request a salad, or veggies. Don't be afraid to request a salad, vegetables, or fruit instead of starchy side dishes.
6. **Take the opportunity to enjoy some fish.** When you eat out, take advantage of having broiled, baked fish or seafood.
7. **Share desserts.** If you decide to have dessert, share it... Don't ignore heart-healthy choices, such as fresh fruit.

Please visit the American Heart Association's website for great information and free interactive toolkits for assessing your own risk factors;

- **Grocery Shopping and getting the most of your trips to the store.** Tips on what to look for in grocery choices.
- **Reading Food Labels-** Very important in making better, healthier choices.

- **Heart Check Mark-** Some stores now offer this mark on food packaging. Look for it and “check” it out.
- **Groceries-** A tool for building a heart healthy food arsenal.



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Website: www.heart.org

The American Heart Association has a new national goal:

By 2020, to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent.

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